

April 2017 - Issue 96

Texana Center | Behavioral Healthcare & Developmental Disabilities Services
4910 Airport Avenue | Rosenberg | Texas 77471

EXCHANGE CLUB OF SUGAR LAND DONATES \$7,000

Texana Center's Kate Johnson-Patagoc was invited to be the guest speaker at a recent meeting of the Exchange Club of Sugar Land. Kate talked to the club members about the Texana Autism Program and in particular, the Sugar Land Campus where the Exchangites had previously helped to fund a classroom. When she was done, Carlos Lopez, President presented Kate with a check for \$7,000 to go towards the Rosenberg Playground Renovation to replace an old, rusting and outdated playground with a new play structure and shade for the 2-5 year old children in the program. The Exchange Club raises its funds through the Spaghetti Dinner which is being held this year on Friday, April 21, 2017 at Fluor's cafeteria in Sugar Land from 5:30 to 8:30 PM .

Thank you to all the Exchangites for your support!



FORT BEND CARES PRESENTS DONATION

Fort Bend Cares Foundation recently held their Annual Road Trip Fundraising Event and chose Texana's Autism Program as the beneficiary for their "Paddles Up" fundraiser. Texana CEO, George Patterson was invited to say a few words about the autism program and the much need playground—the project that the 'Paddles Up' was to benefit—and then Troy Nehls and a host of volunteers went to work on trying to raise the \$18,000 needed to finish the project. That goal was achieved thanks to the work of Karen Lonsway, who did a quick calculation at the end of the 'Paddles Up', saw that she was a little short and circled the room until she reached the final goal. Texana staff were amazed at how generous everyone was. Kim Icenhower, Administrator with Fort Bend Cares Foundation arranged a check presentation as most of the committed funds had been collected—\$17,340.32 Texana is thrilled and would like to thank all those who were involved.

Photograph L to R: Vinay Mehta, Kim Icenhower, Kate Johnson-Patagoc and Gail McClendon



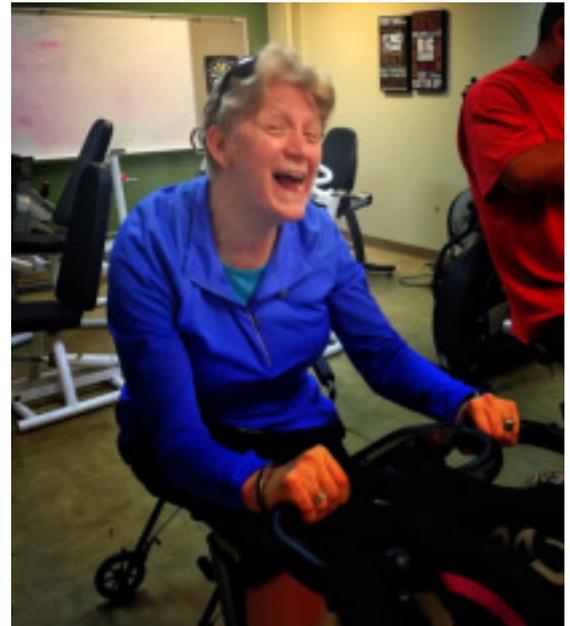
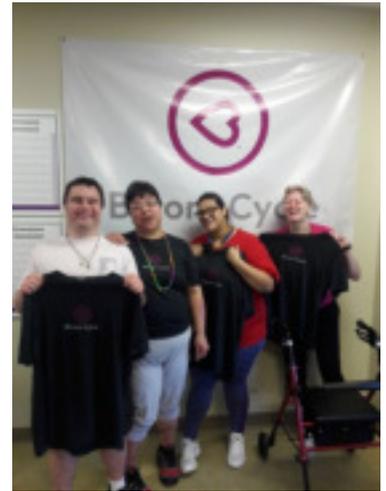
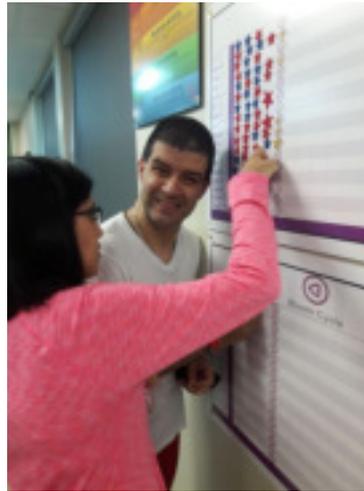
NEW AT TEXANA - BLOOM CYCLE PROGRAM

A little over a year ago, John Watson approached Texana's Learning Center with two goals in mind; he wanted to start a spin class for adults with intellectual disabilities; as he knew how challenging it was for them to control their weight. He also wanted to make a video to encourage employers to think about hiring people with intellectual disabilities. He has now achieved both goals and has established a non-profit organization known as the Bloom Community. The stationary bikes were purchased by Bloom Community for our Bloom Cycle program and the organization also produced the [Benefits of Employing People with \(Intellectual & Developmental Disabilities\)](#) (IDD) video.

Every Tuesday and Thursday at 10:00am the Learning Center at Rosenberg is a buzz as everyone gathers for the spin cycle classes. The Bloom Community provided the stationary bicycles, nine in total and 21 clients signed up to do classes. John Watson is a certified instructor and he recruited 4 other instructors to share running the classes. The main thing he was looking for in his instructor was a passion and love for the riders. Each instructor went through a full day training, followed by another ½ day of training. After that, John worked with the instructors in a live class a couple of times to make sure that they were doing a good job and having a blast!

The first priority in the class is safety and after that comes; fun, community, encouragement, health and fitness. So far, everyone has been having a lot of fun, they have been passionate and inspiring, and the effort levels have been impressive. For many, this may be the first time they have experienced a real workout but John and his instructors make sure they enjoy the class, do their best and keep showing up. As long as they keep coming, the health benefits and fitness will come and how fast that progress comes is not important.

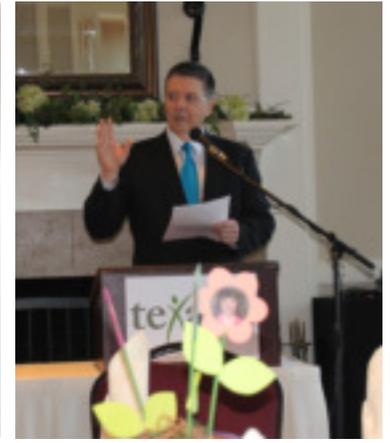
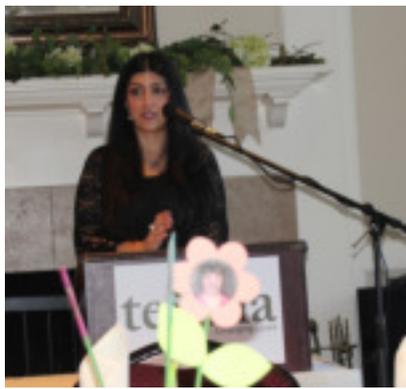
Bloom Cycle has developed an incentive program for the riders - after each class, the riders are awarded a star that they put on the 'Champions Board'. Once a person completes 5 classes they are awarded a Bloom Cycle t-shirt, these are proving themselves to be a 'hot' commodity amongst the riders!



CHANGING LIVES BREAKFAST - FULSHEAR

Texana Center's Fulshear Steering Committee and Community Advisory Board hosted tables at the Annual Changing Lives Breakfast which was underwritten by Legacy Ford. Don McCoy, President Fulshear Area Chamber of Commerce was the emcee and did a great job guiding us through the event. Live and video testimonials were provided by the parents of Texana clients and Trish Turner told her story and why this new campus is so important to her son, Justin, who was also present. Kate Johnson-Patagoc described the Fulshear campus and showed a short animated video.





YOUTH IN PHILANTHROPY LUNCHEON



Texana Center had a full table at the recent Investment in Youth Luncheon at Safari Texas. Our Community Advisory Board members, who gave up their Saturday to help us with our Youth in Philanthropy (YIP) Project, joined us to learn that Texana Center would receive the Outstanding Leadership Award a \$1,500 grant. Everyone was delighted to hear that one of the Lucky Charmer students (Texana's YIP Project team) - Kaylah Ashley, George Ranch High School received a \$5,000 grant from Henderson Wessendorff Foundation.

*Photograph L to R
Back Row: Tracey Shaw, David Whitcher, Chuck Bucek*

*Front Row: Lori Marcus, Nanette Saha, Barbara Piazza,
Kelley Bentley, Kate Johnson-Patagoc & Andi Wallis*

TEXANA TEE OFF - APRIL 10 AT WESTON LAKES



Are you ready to tee up for the Texana Tee Off? There is still time to sign up and play in what will be a fun occasion for all. The Committee has worked hard to put together a fabulous live and silent auction full of unique items. All proceeds will be applied to the *Forward in Fulshear Together Capital Campaign* to build a campus to serve the Fulshear/Katy areas. Legacy Ford returns once again as our Presenting Sponsor.

If you would like more information on sponsorships please contact Andi Wallis at andi.wallis@texanacenter.com or call Ph: 281.239.1427

Tee Off Committee L to R: Barry Beard, J.C. Whitten, Gary Pearson, Ron Ewer, James Thompson & Mary Rose Zdunkewicz (not pictured Dominic Robinson)



FULSHEAR PROCLAIMS MARCH AS INTELLECTUAL DISABILITIES AWARENESS MONTH



At a recent Fulshear City Council Meeting, Mayor Jeff Roberts proclaimed March as Intellectual Disabilities Awareness Month.

He recognized that early intervention, education, and community-based services were vital to helping citizens with intellectual disabilities to function and thrive. Mayor Roberts welcomed Texana Center to Fulshear and encouraged Fulshear residents to recognize adults and children with disabilities and ensure full inclusion and integrated employment and to support Texana's Capital Campaign.

He then presented the signed proclamation to Kate Johnson-Patagoc, Director Specialized Services and Tracey Shaw, Director, Development and Community Relations. Kate Johnson-Patagoc took a moment to describe the Texana Campus that is proposed in Fulshear, reassuring residents that we planned to keep the large trees and the woodland feel.

KNIGHTS OF COLUMBUS DONATE \$1,000

Knights of Columbus of St. Faustina Catholic Church donated \$1,000 towards the 'Forward Together in Fulshear' Capital Campaign to build a Texana Campus in the Fulshear/Katy Area. They raised the funds through the 1st Annual Father Dat & Knights of Columbus Council 16103 Golf Tournament which was held in July 2016. The Knights of Columbus is a fraternal benefit society with the founding principles of charity, unity and fraternity which date back to 1882 but are still true today. Thank you to all the Knights of Columbus for working so hard on your fundraising golf tournament which resulted in this gift to Texana Center's Fulshear Campus.

Photograph L to R: Benny Bixerman & Ron Mersman, Knights of Columbus; Ellen Catoe & Tracey Shaw, Texana Center; Father Dat, St. Faustina Catholic Church & Cliff Aldrich, Knights of Columbus



TEXANA SHARES EXPERTISE WITH LOCAL CHURCH



Texana was invited to give a presentation on Mental Health by Pastor Dennis Young with Missouri City Baptist Church. The church had received a grant from the Hogg Foundation to increase awareness of mental health, recovery and wellness in African American communities. The goal of the grant is to identify and connect congregants with local behavioral healthcare resources for treatment and support. Pastor Young is a Texana Board Member, so he invited Shena Timberlake, Director, Behavioral Healthcare Services and Eilean Mackenzie, Crisis Center Manager to talk about a number of topics regarding mental health including :

- Why mental health is important and that it affects everyone
- The impact of mental illness
- The stigma association with mental illness
- Mental health disorders, interventions and treatment
- Risk factors for mental illness and warning signs
- How to talk to a person with suicidal thoughts
- Brief overview of Texana's services and how to access them.

All the attendees were very interested and asked a lot of questions.

COOKIE JOE'S DANCIN' SCHOOL DONATES \$1,000

Cookie Joe's Dancin' School presented a check to Texana Center for \$1,000 which was raised through their God Bless Texas Event. This is a show that is held annually in March to celebrate Texas' Independence Day. Each of the dance school classes performs a Texas-inspired dance while friends and parents mingle around booths with games, food and also a live auction. The school raises money for a number of different non-profits and this year they included Texana's autism program and Kevin Barker accepted the check on behalf of Texana.

The dance school encourages involvement in the community and their staff, students and parents work together to share their talents and love of dance with others. Texana has been fortunate to have benefited from the dancing school's community outreach and have had them perform at past events and for our autism program which everyone has always enjoyed.

We would like to thank Cookie Joe and Tran Pham Rich for all that they do in our community!

